

# 2011 Long Beach Triathlon

## **Welcome to the Long Beach Triathlon!**

The 2011 Long Beach Triathlon promises to be one of the most scenic races on the Pacific Coast! Your adventure will begin with a half mile swim inside the break-wall. The 11 mile scenic bike course travels along Shoreline Drive, Queensway Bridge, and past the Queen Mary. The course finishes with a fast run course adjacent to Shoreline Village and the Marina. We hope you enjoy your time here with us and look forward to seeing you again in 2012. GOOD LUCK!

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## SCHEDULE OF EVENTS

### Saturday, September 17th

*\*St. Mary Medical Center*

- 10:00a Expo Opens
- 10:30a Course Talk
- 1:30p Course Talk
- 4:00p Expo Closes

### Sunday, September 18th

*\*Alamitos Parking Lot*

- 5:30a VIP Registration Open
- 5:30a Transition Opens
- 7:00a Transition Closes
- 7:00a Race Begins
- 10:00p Awards Ceremony



Net proceeds of the Long Beach Triathlon benefit the C.A.R.E (Comprehensive AIDS Resource Education) Program at St. Mary Medical Center. The C.A.R.E Program and Clinics offer an array of medical and social services for HIV/AIDS clients throughout Southern California.

## INFORMATION

### **WHAT IS IN YOUR PACKET**

*Please have the following complete before arriving to the Transition Area.*

1. **Athlete Wristband:** For security purposes this must be worn at all times on race day. It designates that you are a registered entrant in the race. No wristband, no transition area access, no race, NO EXCEPTIONS. Make sure to keep your wristband on after you have competed the race as it will be needed in order to remove your bike from the transition area.
2. **Race Bib #:** Race bib should be worn on the biking and running portions of the triathlon. It must be front facing when crossing the finish line of race. You will receive safety pins to adhere the bib but a race belt is highly recommended.
3. **Timing Chip:** Inside of packet is envelope that contains your timing chip and neoprene Velcro strap. Follow all instructions! IT MUST BE WORN ON ANKLE and RETURNED AT FINISH!
4. **Bike Frame #:** Position this number on the bike by peeling off the backing and folding over top bar or wrap around seat tube.
5. **Bike Helmet #:** Peel of backing so the number is sticky. Position number on the front center of the helmet and press to stick.

### **ADDITIONAL ITEMS TO PICK-UP**

1. **Swim Cap:** You must pickup at the expo and wear your provided swim cap during the swim portion of the race. Make sure you leave in appropriate wave to avoid disqualification.
2. **Goody Bag**
3. **T-Shirt**

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## TRANSITION AREA LOGISTICS

HOURS: 5:30AM-6:45AM

The transition area is located near the corner of Ocean Ave. and Shoreline Dr. in the Alamitos parking lot near Alfredo's Beach Club. The address is 700 E. Shoreline Dr., Long Beach 90802.

- Transition area opens at 5:30 a.m and closes at 6:45am. Rack assignments are by wave number – first come, first serve. No participants will be allowed to drop off their bike prior to race morning. **Use the non-timed entrances to get into the transition area.** Please arrive at the transition area no later than 6:15am.
- Make sure you have your helmet and other transition equipment as needed. Body marking will be completed outside the transition area before the start of the race.
- Toilets will be located outside the transition area.

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## RESULTS , AWARDS, & PHOTOGRAPHY

### RESULTS

Unofficial results will be posted throughout the morning. If you have any questions, see the timing staff at the finish line. Finish results will be posted in the evening on race day at [www.thelongbeachtriathlon.com](http://www.thelongbeachtriathlon.com)

### AWARDS

The awards ceremony will begin at 10:00am. If you win an award but are not able to attend the awards ceremony, you may claim it at:

Competitive Aquatic Supply  
15661 Container Ln  
Huntington Beach, Ca. 92649  
714 898-2655

Please call first so that they may have it ready for you. They also have 2 other locations, Irvine and Mission Viejo, and they can make arrangements for you to pick up there if that is more convenient.

### PHOTOGRAPHY

RACE PHOTOGRAPHY can be viewed at [www.brightroom.com](http://www.brightroom.com). Participants can access Brightroom Photo web site and sign up to view their race photos.

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## AID STATIONS

Following is a list of aid stations:

1. Transition Exit (Gatorade and Arrowhead water)
2. Shoreline Village Drive at Marina Parking Drive (Gatorade, Arrowhead water)
3. Finish Line (Gatorade and Arrowhead water)

## WAVES AND START TIMES

It is required that you start in the wave to which you have been assigned. Failure to comply will result in the damaging of another competitor's results and awards. VIP registered athletes will have designated racks in the transition area.

WAVE	START TIME	CATEGORIES	CAP COLOR
1	7:00 AM	ELITE M & F, COLLEGIATE, MEN 29 & UNDER	White
2	7:03 AM	MEN 30-39	Royal
3	7:06 AM	MEN 40-49	Red
4	7:09 AM	MEN and WOMEN 50+	Yellow
5	7:12 AM	WOMEN 34 & UNDER	Purple
6	7:15 AM	WOMEN 35-49	Pink
7	7:18 AM	CLYDESDALE, ATHENA, RELAY, PUBLIC SERVICE	Orange

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## RELAYS

Swimmer – Wear the timing chip and swim cap. Be sure to start in the correct wave.

Cyclist – Wait at the bike rack for your swimmer. Swimmer hands off the timing chip to you at the rack.

Runner – Wait at the bike rack for your cyclist. Cyclist hands off the timing chip to you at the rack.

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## FINISH LINE FESTIVAL

The finish festival will include an athlete only post race area with food, beverages, and sponsor booths.

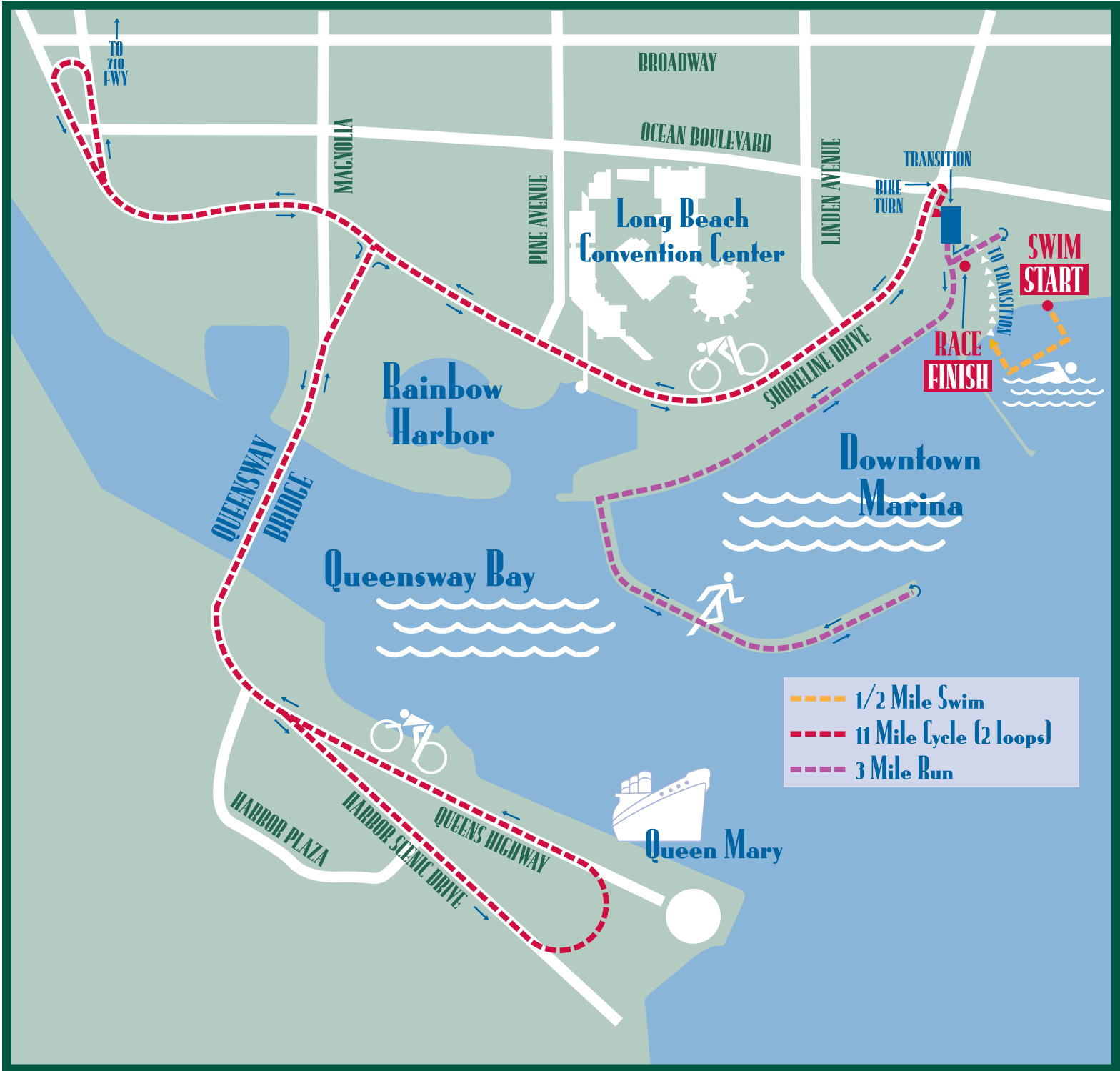
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## PARKING

### RACE MORNING-OPENS: 4:00AM

Park at the Convention Center located directly across Shoreline Blvd and Linden Ave. There is a \$10 fee for parking. You may also park at the Queen Mary and ride your bike to the start. The Queen Mary is only about 2 miles from the race start. To avoid the Shoreline closure, use Pine Ave to Seaside Way and enter the lot from Seaside. The lots will not be open any earlier than 4:00 am.





- 1/2 Mile Swim
- 11 Mile Cycle (2 loops)
- 3 Mile Run